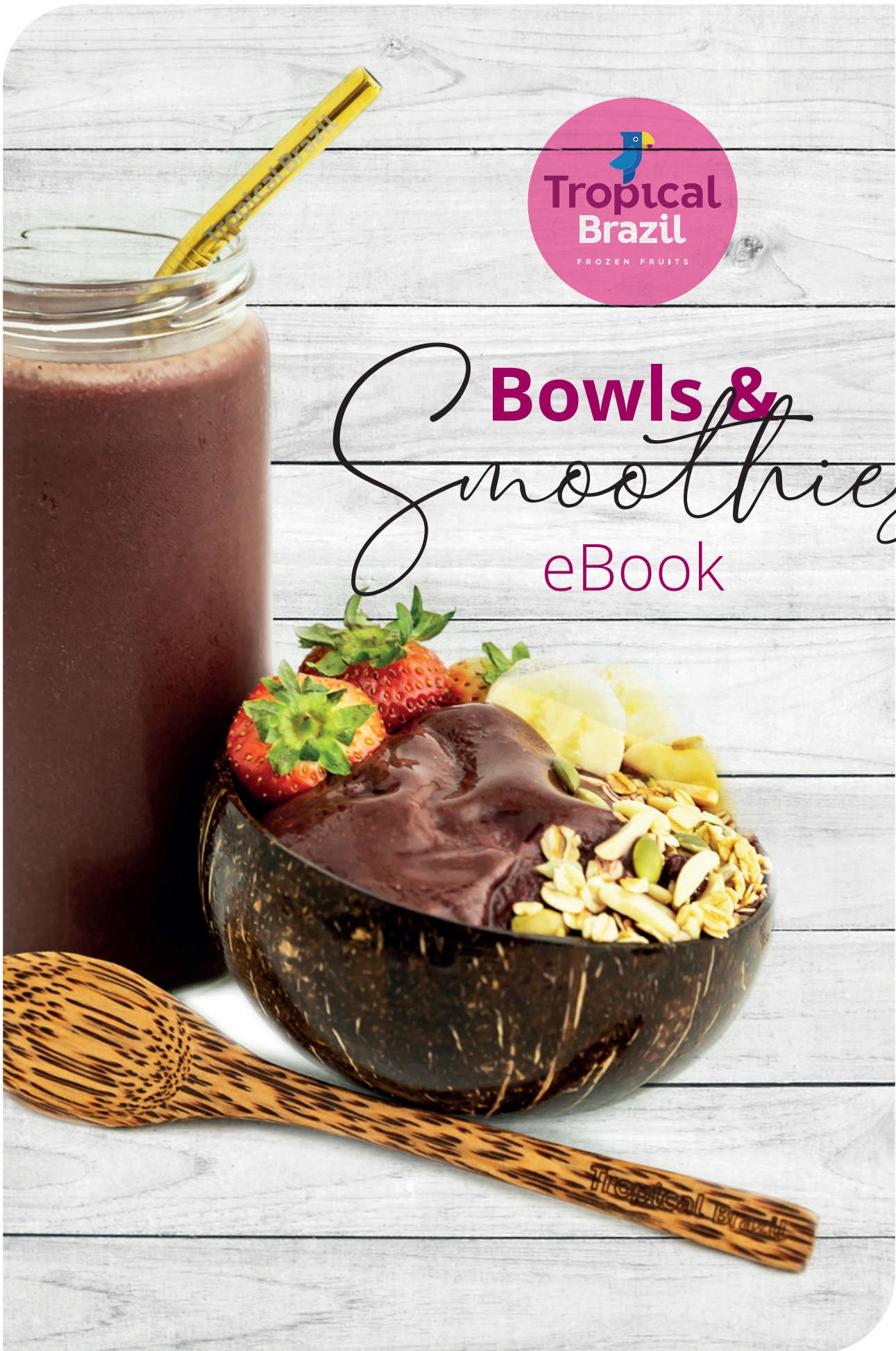




Bowls & Smoothies

eBook



Welcome!

We are feeling great to welcome you to our **Bowls & Smoothies eBook** and have you here made us very happy. Thank you for taking time to download this eBook, we can't describe how much we are grateful.

The **Bowls & Smoothies eBook** was created inspired by the Amazon Rainforest and its unique flavours, using our Tropical Brazil range of acai products, and our frozen fruit pulps which is an incredible source of health nutrients, source of vitamins and antioxidants. The collision of powerful ingredients with excellent professionals resulted in lots of recipes, and we are more than happy to share with you!

If you are new to our work, let us introduce a little bit about the **Tropical Brazil**. We love to work with health and quality ingredients, discover new flavours and share it with our customers, friends and community. We believe that eating healthy food and good nutrients, so people can reach a better **lifestyle**, and enjoy a life full of happiness and wellbeing.

Tropical Brazil is very focus on support customers, offering a range of products that suits your needs, we do have different packages sizes and our scoopable acai is a great versatile product, so you can use it in different ways just scoop it up to do a bowl, fast to prepare a smoothie or even to use at your soft serve machine. We together with these 4 incredible Nutrition and Health Coach professionals, also one of our Founders, invite you to meet our products and its benefits.

We hope you delight yourself and enjoy this e-Book.

Bowl appetite =)

bowls & smoothie content



@sarah_tottle

04 Sarah Tottle

My name is Sarah Tottle. I'm a trained psychologist, fitness professional and nutritional coach. I'm educated to doctoral degree level and have post-graduate qualifications in the health sciences I have been passionate about health and wellness for as long as I can remember. My passion for food lies in helping people eat well, live well and feel good.



@imhealthcoach

06 Lucia Lopez

My name is Lucia, I am a Certified Nutrition & Health Coach and a Yoga Teacher. I started creating and sharing recipes with my clients and my community through social media. My mission is to help people improve their health and lifestyle with nutrition, movement and self-love. I believe that the food we eat can be very powerful and can impact in different ways in our daily life.



@luamarchi

08 Luana Marchi

My name is Luana Marchi, I am a Nutritional Therapist and Health and Wellness Coach, life enthusiast and passionate about outdoor adventures and travelling. My life mission now is to inspire others to improve their health and wellbeing through food, and my brand is to build around inspiring others to eat naturally and to give a people the skills to make great food choices, knowing that this can help with chronic diseases, weight management, improved athletic performance, low energy and skin problems, to name a few.



@tropicalbrazilus

10 Ana Oliveira

My name is Ana Oliveira, I am the Co-Founder of Tropical Brazil, I have a background in Business Management and specialization in Marketing. Passionate for cooking, healthy nutrition. Part of my daily routine includes yoga, pilates and meditation practices. There is another passion in my life, that I am totally enthusiast with I love travel around the world, and meet new cultures, people and incredible foods.



@andrea_gusmao

17 Andrea Gusmão

My name is Andrea, I am a chemical and food engineer, MBA in Marketing and Luxury Management and wellness columnist, also certified as a holistic health coach at the largest school of integrative nutrition in the USA. Health and wellness have always been my passion and lifestyle, and through my own experience and great learnings from the best researchers and specialists I can affirm that the body can heal and thrive naturally if given the right nutrients, environment and lifestyle.





Smoothie Vegan

by Sarah Tottle

Mix Tropical Brazil acai with plant-based protein powder, peanut butter and plant-based milk. Blend until creamy. Top with cacao nibs, almond slices or some nutty goodness.



Acai Bowl Vegan

by Sarah Tottle

Two scoops of acai. Coconut yoghurt with peanut butter and protein powder mixed to form a creamy protein-filled blend. Add muesli or granola and top with almond slices, banana and flaxseed.





Anti-inflammatory Passion fruit coconut smoothie

by Lucia Lopez

Creamy, sweet and delicious. This smoothie is refreshing, nourishing and packed with all the healthy benefits of the turmeric, protecting your body and boosting your immune system.



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|----------------------------------|------------------------------------|
| 1 sachet frozen coconut Tropical | 1 tablespoon flax meal |
| 1 passion fruit pulp | 1 tablespoon maple syrup |
| 200 ml of coconut milk | ½ teaspoon turmeric powder |
| ½ cup coconut yogurt | Optional: ½ teaspoon ginger powder |

Place all the ingredients together in your blender jar and blend until you get a creamy texture. Serve with more coconut and passion fruit pulp.



Acai and berries smoothie bowl

by Lucia Lopez

A classic acai bowl with a twist, to make it more nourishing and creamier.



- | | |
|----------------------------------|------------------------|
| 1 sachet of frozen acai Tropical | ½ cup coconut yogurt |
| 1 frozen ripe banana | 100 ml almond milk |
| ½ cup of frozen dark berries | 1 tablespoon flax meal |

Chopped the acai and the banana, this will allow your blender to work easily getting a creamier texture. Place all the ingredients together in the blender and blend until you get a creamy texture. You can stop the blender and stir if necessary or add more liquid if your blender does not have much power. Serve with your favourite toppings.



Salted Caramel Smoothie Bowl

by Luana Marchi

- 2 @tropicalbrazilus frozen coconut sachet
- 3 tbsp coconut Yoghurt or natural yoghurt
- 2 tbsp maple syrup
- 1 tsp Peanut Butter
- 1/4 cup almond milk
- Pinch of salt

Blend all the ingredients until creamy. I've topped with fresh fruit, slivered almonds, dark chocolate drops, and a dash of maple syrup.



Tropicana Smoothie Bowl

by Luana Marchi

- 1 @tropicalbrazilus frozen coconut pulp
- 1 @tropicalbrazilus frozen orange/Acerola pulp
- 1 frozen banana
- 1/4 cup almond milk

Add all the ingredients into a blender and pulse until creamy and smooth.

I've topped with kiwi, strawberries and shredded coconut.

*Add a little bit of maple syrup on top with you need extra sweetness.





Scoopable Acai Bowl

by Ana Oliveira

4 scoops of Tropical Brazil acai cream original
Toppings: bananas, blueberries, strawberries,
peanut butter, coconut flakes



Just scoop it up the Acai Cream into your bowl and topping with bananas, berries, coconut flakes and a spoon of peanut butter (seasonal fruits | nuts | seeds, etc)



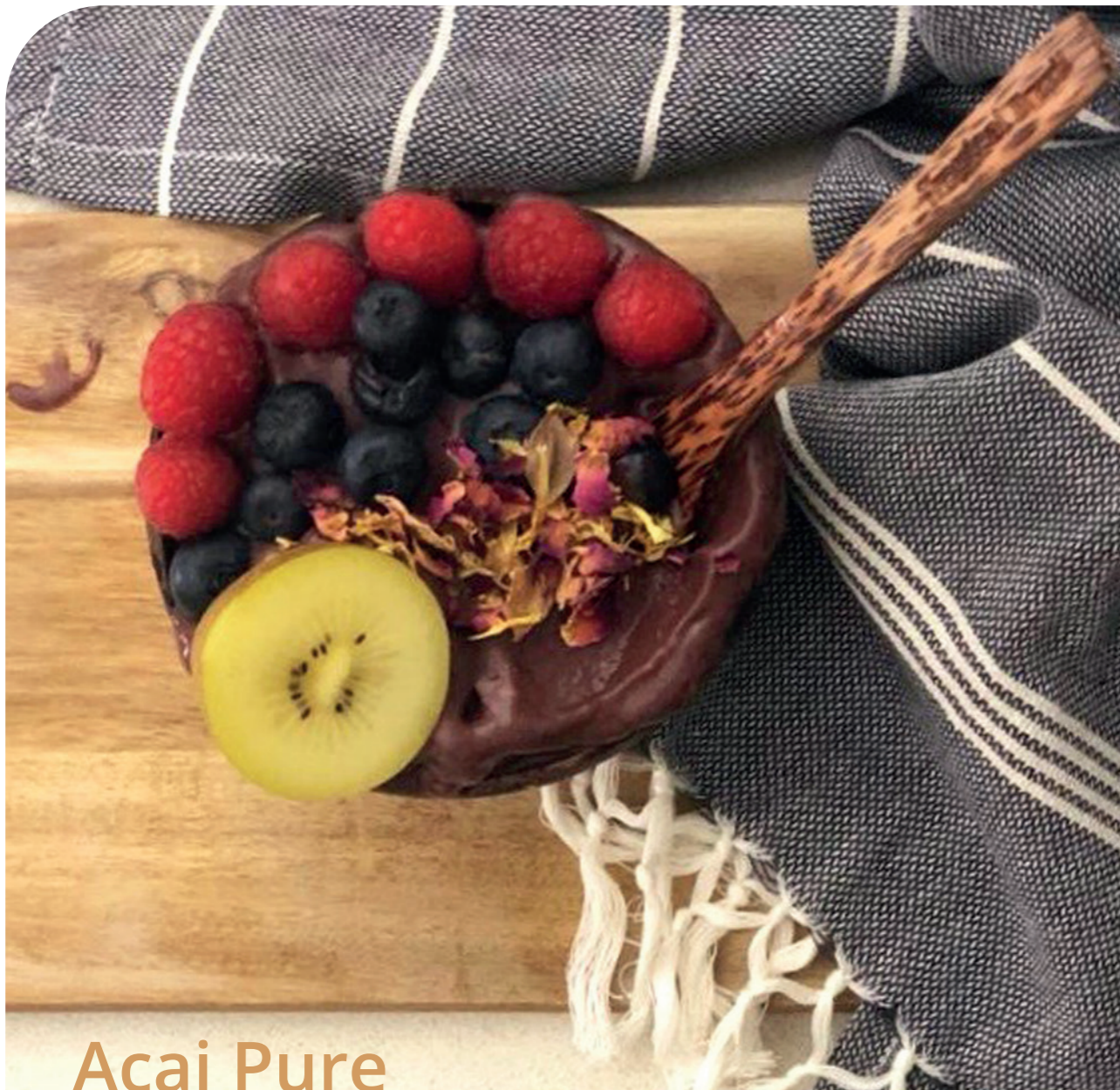
Creamy Acai Smoothie

by Ana Oliveira

3 scoops of Tropical Brazil acai cream original
handful of red berries
110ml of coconut water



Place all the ingredients in a high-speed blender.
Blend until get smooth, add more water if needed.



Acai Pure Bowl Tropical

by Ana Oliveira

- 2 sachets of Tropical Brazil acai
- 1 tbsp of vegan protein
- handful of frozen bananas
- handful of frozen redberries
- handful of frozen mangos
- 150ml coconut water

Place all the ingredients in a high-speed blender.
Blend until get smooth, add more water if needed.



Acai Pure Smoothie

by Ana Oliveira

- 2 sachets of Tropical Brazil acai
- handful of frozen redberries
- handful of frozen bananas
- 150ml almond milk
- date syrup

Place all the ingredients in a high-speed blender.
Blend until get smooth, add more milk if needed.



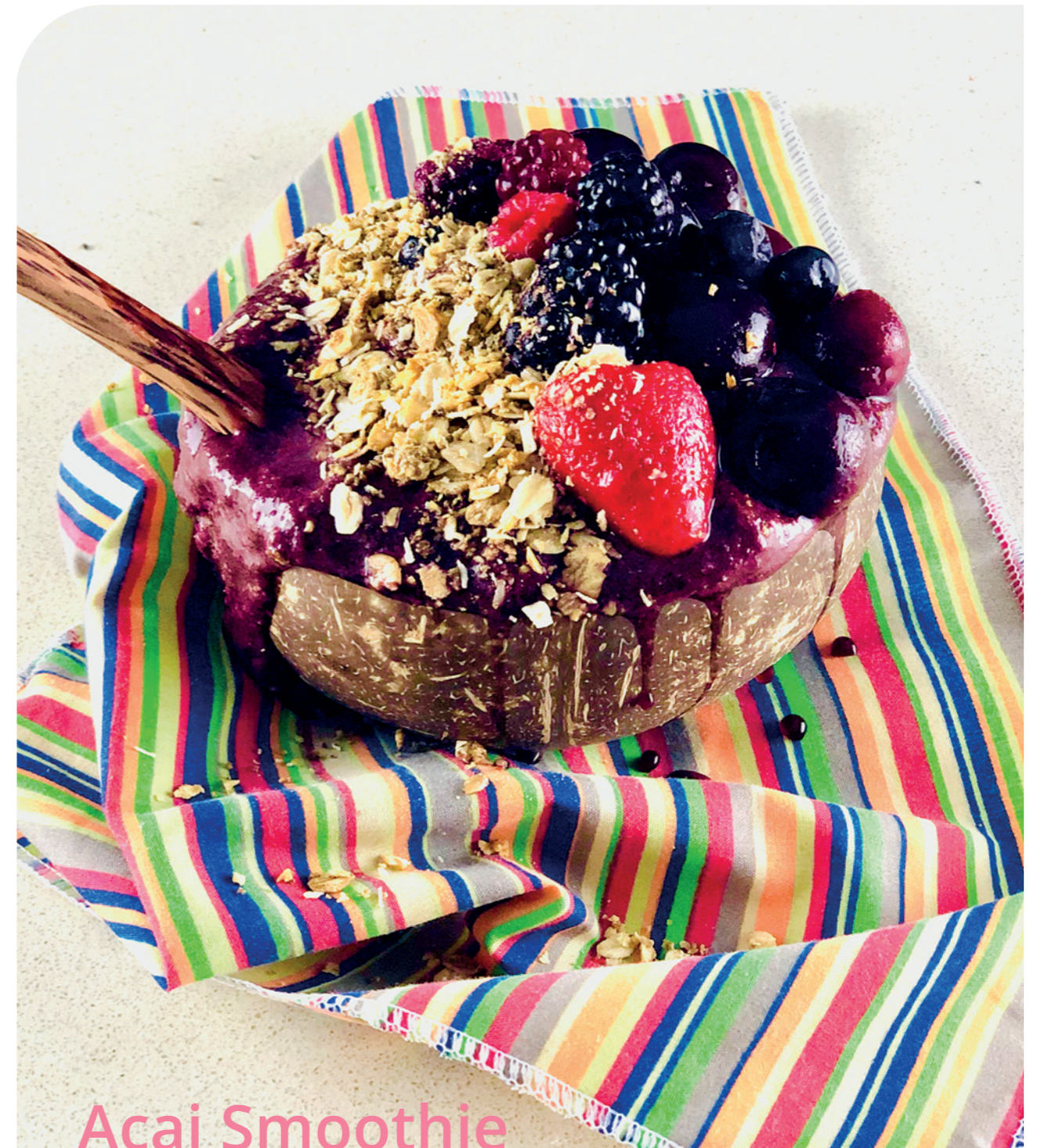


Acai Sachet Smoothie

by Ana Oliveira

2 Acai Sachets of Tropical Brazil
handful of red berries
100ml of oat milk

Place all the ingredients in a high-speed blender.
Blend until get smooth.



Acai Smoothie Bowl with Sachet

by Ana Oliveira

3 sachets of Tropical Brazil
100ml of coconut water

Place all the ingredients in a high-speed blender.
Blend very quickly until get smooth.



photo by @elleshungry 



Acai Soft Serve

by Maroubra Makai

Acai Tropical Brazil scoopable

Melt the bucket of acai scoopable until it gets liquid, place into your soft serve machine, serve and shine! Topping with granola, seasonal fruits.



Green Angel Smoothie

by Andre Gusmão

- | | |
|---------------------------------|-------------------------------|
| 1 sachet frozen coconut pulp | 1 tbsp psyllium |
| 1/2 small avocado | 1 tbs cashew + coconut spread |
| 1 scoop chocolate vegan protein | 1 tsp MCT oil |

Blend with coconut milk until the desired texture.

Topping: 100% cacao nibs





Delight Ageless Bowl

by Andre Gusmão

- 1 sachet frozen cupuaçu pulp
- 1 sachet frozen mango pulp
- 1/2 small avocado
- 1 scoop vanilla vegan protein
- 1 tbs cashew + coconut spread
- 1 tsp MCT oil
- Coconut milk

- Toppings:
- 100% cacao nibs
 - Blueberries
 - Coconut flakes
 - Nuts



Combine all ingredients in a blender and blitz until desired consistency of creamy texture smoothie. Pour into a bowl and add the toppings. Packed with nutrients, it is a great post workout bowl.



Keep in touch with
Tropical Brazil



www.tropicalbrazil.au

Don't forget to ❤️



[/tropicalbrazilau](https://www.instagram.com/tropicalbrazilau)